

NOD Newsletter

A monthly publication for the parents and students of North Orchard-Delong Cooperative Preschool
Located at 4420 N 41st St, Tacoma, WA 98407. Website: <http://northorchardcoop.com>

<http://www.facebook.com/NODcoopPreschool> <http://www.facebook.com/groups/NODfamilies>

December 2019



Warm Winter Wishes!



Photo credit: Teacher Diana

Students in the 3/4's class carefully add their ingredients to the stone soup pot.

Hello from Teacher Diana

December is here and ready or not this year is almost over. Our last day of class is December 20th and we will be returning on January 6th. On our last days before our holiday break we will have fun cookie decorating parties for all classes. Lots of frosting and sprinkles and yummy, messy fun. I will have more details as it gets closer.

Now that the weather is getting wetter and colder I want to remind everyone we really do try to go outside everyday. If it's raining sideways then we will stay in, but sprinkles or light rain we go out. Grown-ups and children need the appropriate clothing.

So please make sure your children have layers, boots, hats, jackets with hoods, mittens or gloves. I have preschool mittens and gloves children can use at school when they need them.

A big part of the Reggio Emilia educational philosophy, that I use at NOD, is observation and collaboration with children in their learning process. Giving children prompts or ideas and seeing where they go with them is part of the Reggio style of teaching. You will notice in the classroom little green frames with questions in them. I don't expect the children to read them but if you are the parent helper you can say them out loud while the children are around, so they start thinking about these questions while they play. Or maybe you can ask them the questions while they are sitting at an activity? They may or may not choose to respond but the question will stick in their head and get the child to think about the prompt. And pretty soon they will start doing more exciting and fun wondering, exploring, creating and learning.

The Reggio philosophy starts with the idea that children have hundreds of ways to communicate through group and individual projects. We give them good materials to use and let them imagine the possibilities. We also help children learn by treating their works seriously and prompting them to look closer. Children will then interpret what they see, hear, and feel into art, building block constructions,

continued on page 2

IMPORTANT DATES

Auction Committee Meeting
Monday, Dec 9th, 5pm
at the preschool

Science Dome Field Trip
Wednesday, Dec 11th, 9:45am
Pierce College Planetarium

Board Meeting/ Holiday Party
Wednesday, Dec 11th, 6pm
quick meeting followed by potluck
at Celena Kathan's house
3334 North Gove Street
Tacoma, 98407

Winter Break - No School
Dec 23rd - Jan 3rd

CONTACTS

Teacher: Diana Wendlandt
253-961-1825

Bates Instructor: Diana Stone
253-680-7507

Co-Presidents:
Erin Mark 253-259-9785
Jessica Yearwood 253-691-7722

Treasurer: Lisa Clearman
253-348-9486

2/3's Class Rep: Celena Kathan
206-849-8279

3/4's Class Rep: Melissa Lewis
425-761-3758

Pre-K Class Rep: Danielle Clark
253-232-0383

play doe creations and hundreds of other ways they show their learning process. There really are so many different ways for children to research, explore and learn by slowing down and looking closer. Then putting their thoughts or ideas down on paper, or with sculpture through clay or building block materials. The teacher guides them along the way and supports, scaffolds and encourages the children to think deeper. The teacher might offer a suggestion or ask more questions to promote a deeper thought process.

As you can tell we don't really do themes at our school. I tend to follow the seasons and children's interests.

I put out a lot of different real and natural materials in the classroom. Nature is a huge natural prompt for children's curiosity. Often I use loose parts as well for children to explore, think about and use in their own way. Our classroom is different than other schools. We take things slower, we use less plastic materials, it's cozy and interesting. It's a fun place to explore learn and grow. Please feel free to ask any questions about this style of teaching. I really think it's a wonderful way to help children learn and grow and spark their natural curiosity of learning.

I just want to say thank you to everyone for all that you do. Every bit

helps. Between getting our lending library up and going, delivering wreaths, helping on the school board or committee or even being our school president you all support our school and community in so many ways. This is what I like the most about our school. We have dinner meal trains for families with new babies. We work hard to be positive and inclusive to all families. I know some of the stuff we ask help with, you would never expect a preschool to need help with, but everyone just chips in and gets it done. So, thank you all for everything you do. You make our school great.

Thank you, Teacher Diana



Join us at the Pierce College Science Dome Planetarium. They will present a live, interactive children's show called Wild Weather. "Travel around the solar system in search of wild weather. What is rain made of on Venus? Does it snow on Pluto? Join us as we find out."

Cost: \$2.50 per participating preschooler. This will be added to your January NOD bill in Jovial.

****PLEASE NOTE**** There is a cap of 25 participating preschoolers. This does not include adults, babies in arms, or older siblings who would be hanging out in the reclining seats. Please sign up on the sheet posted at the preschool. If you sign up, but then are unable to attend, please let us know or cross off your name so that we can get as many kiddos in as possible.

Location: If you enter the address below into your google maps, it will direct you right to the Rainier Building. It is easy to find and close to parking. As this is an active college campus, parking can be hard to find, so please allow ample time for parking, so you can be on time for the show :).

You will need a parking pass for this event. Please print out the parking pass (attached to the field trip and newsletter emails) and place on your windshield. It also has a handy map of where to park, where not to park, and where the science dome is.

Pierce College Fort Steilacoom
Rainier Building, Room 263
9401 Farwest Dr SW
Lakewood, WA 98498

From the Desk of Diana Stone

7 ways to prevent holiday stress — for your children

As we approach the holiday season it can be a stressful time. Please take a moment to read through these helpful tips. The following article is from Claire McCarthy, MD, Faculty Editor, Harvard Health Publishing

Here are seven ways to prevent and reduce holiday stress for children this season.

1. Manage your own stress. Not only are you setting an example, there's just no way to stop your children from sensing your stress and being affected by it. It's kind of like the safety message we hear every time we get on an airplane: if you are flying with a child and the oxygen masks drop, you should put yours on first and then put on the child's. You're no good to anyone if you can't function. Try to be self-aware. Set aside time for yourself. Create code words that your partner and friends can use to let you know when you are starting to act like a snippy, crazy person. Practice self-care. Get enough sleep. Speaking of sleep...

2. As much as possible, keep routines the same. Kids do best when routines are predictable — and healthy. This is particularly true for sleep. As tempting as it may be to let kids stay up late and sleep late throughout the holidays, try to stay within an hour of usual times, except for special occasions (like New Year's Eve). We all do better when we stick to our sleep routines. Same goes for mealtimes (be sure your kids get three healthy meals a day, preferably with you and not in front of the television). As you think about how your children will spend the holidays...

3. Manage expectations. My youngest child has a way of getting incredibly excited for Christmas, expecting that he will get that incredibly expensive and hard-to-find Lego set, and that we will spend every day of vacation visiting museums and doing oth-

er activities, preferably with his friends — and then getting sad when he gets something slightly different and has to amuse himself some days. This is true for lots of kids, and is very preventable. Up front, let kids know what they can and can't expect. You don't have to give away the surprise, but you could, as a family, say that everyone gets one big but not break-the-bank gift (and otherwise set parameters on gifts). And you can sit together, look at the calendar, and let your kids know what you can and cannot pull off when it comes to vacation activities. As you think about activities...

4. Keep kids active. Speaking of television, sitting in front of it (or a gaming console or an iPad or phone) all day isn't good for anyone, and exercise is a known stress-buster. Kick them outside. Go to the park. Take advantage of free swim time at the local Y. Go for walks together. That together part is key...

5. Spend some time together. Real time, where you are sharing an activity. Going to the movies or having a family movie night is fine (and a nice way to end a crazy day), but try to do things that involve actual interaction. Play games together. Visit a museum together. Bake cookies. Which is a good example of how you can...

6. Build some family holiday rituals, if you don't have them already. Whether it's holiday baking, or making homemade gifts together, or a particular concert you always attend, or some friends you invite every year, create things you can do together every year that are meaningful and fun. There are plenty of things you have to do. Make your family rituals things you want to do. And as you build your rituals...

7. Choose something to do as a family that helps others. Choose toys for a toy drive. Go through clothes in the closet and bring gently used ones to a shelter or clothing drive. Donating money to causes is always great, but look for things that your children can actively participate in, preferably that

you can do as a family. Try not to think of it as another family chore. Instead, think of it as a way to not only teach kindness, but to keep perspective on the holidays — and on what's way more important than presents or parties.

That's a perspective we all need — and the perspective that could save all of us a lot of stress.

See you in the New Year

SNOW PLAN



NOD follows the Tacoma Public School schedule for inclement weather.

Tune in to the news on frosty mornings. If Tacoma Public Schools are running late then our morning classes will be canceled.

If they are closed for the day, we will be closed as well.

Teacher Diana and the class reps will try to send out a heads up if our classes are closed.

☀️ SPECIAL THANKS!

To everyone for contributing to our delicious Stone Soup meal.

To everyone who supported our wreath fundraiser and to Matt Roster for organizing and delivering the lovely greenery.

To our auction committee members new and existing. Especially our chairs Leigh Hensley Seesz and Cara Brebner. Doing great!

To everyone who helped move our classroom to make room for the church fair-trade sale.

To Teacher Diana and Diana Stone for teaching our kids and us as well.

To absolutely everyone for helping make our school great for our kids!



Food and Warmth Drive

We are partnering with Bethany Church, Tacoma Toy Rescue, Nativity House and Nourish Food Bank of Pierce County for collecting food, hats, mittens, socks, new or gently used toys and other items for people in need in our community.

There will be barrels in the school near the ramp where you can drop off your donations. There are fliers about Nourish Food Bank by the main door when you walk in that explain the wonderful things they do to help our community.

This is a great way to teach our young ones about generosity, kindness and caring for others who are in need. Please bring whatever you can and to the right are some items they are most in need of.

- Canned tomato product
- Peanut butter
- Canned protein – such as chicken, salmon, and tuna
- Soup
- Canned vegetables and beans
- Chili or stew with meat
- Canned fruit
- Shelf-stable (powdered or canned) milk
- Baby food and formula
- Other nutritious foods
- Also consider donating non-food items:
- Soap
- Diapers
- Shampoo
- Toilet paper
- Laundry detergent
- Toothpaste and toothbrushes
- Feminine hygiene products
- Thanks for helping our neighbors and sharing the love!
- Jasmine

AUCTION UPDATES

Every year NOD preschool (like most co-op preschools) holds an auction to help raise the funds needed to run our school. It's a fun event and our biggest fundraiser of the year. This event requires all hands on deck, many hands make light work and it's never too early to start planning...

SAVE THE DATE:
Friday, March 20th, 2020
Pacific Grill in downtown Tacoma

CHECK YOUR INBOX AND YOUR ART FOLDERS. Everyone should have received an email from our auction chairs with your handy dandy, Auction Packet. Hard-copies were also placed in your child's art folder. This helpful packet contains everything you need to get started with your auction requirements. We need every family to:

- 1) Buy event tickets**
- 2) Procure items, sponsorship(s) and/or choose the buyout option (see packet for details)**
- 3) Sign up for at least one day-of auction job**

Please don't hesitate to ask any questions. We can do this!

NOD's ONGOING FUNDRAISERS



Primary.com

Shop Primary with our school's unique link below and 10%-15% of that sale goes directly back to our school. Plus new customers get 20% off first order with code: NODCOOP

<http://www.primary.com/school/nodcoop>



Amazon Smile

You don't have to sign up for anything new. Just link your current Amazon account through AmazonSmile and 0.5% of the purchase price from your eligible AmazonSmile purchases go to support NOD.



Fred Meyer Community Rewards

Link your Rewards Card to North Orchard Delong (NOD) Cooperative Preschool through your online account. Whenever you use your Rewards Card when shopping at Freddy's, you'll be helping NOD earn a donation from Fred Meyer.